



KOKORO KAI JU-JITSU **ASSOCIATION**



SHODAN REQUIREMENTS

Please note all students attempting Shodan will be required to take a kyu grade pre-test and anatomy test 1 month prior to the grading date. They will also require the correct level in Ko- Budo. No student will grade unless they are wearing a clean Gi with appropriate badges.

1. 30 THROWS
2. THE OPEN HAND & IT'S USES
3. THE ELBOW AND IT'S USES
4. COUNTERS TO ; (three of each)
 - a. Hip Throw
 - b. Drawing Ankle
 - c. Shoulder Wheel
 - d. Full Shoulder
 - e. Body Drop
 - f. Reclining Leg Throw
 - g. Outer Hook
 - h. Stomach Throw
 - i. Half Shoulder
5. INSIDE LEG SWEEP (2)
6. THE BOTTOM FIST & IT'S USES
7. ATTACKING THE EYES & EARS
8. COMBINATIONS. (10)
 - a. Outside Hock to Rear Throw
 - b. Drawing Ankle to Sweeping Hip
 - c. Half Shoulder to Rice Bale
 - d. Inside Hock to Drawing Ankle/Knee Wheel
 - e. Outer hook to Dropping Shoulder
 - f. Half Shoulder to Falcon Lock & Throw
 - g. Hip Throw to Stamp Throw
 - h. Inside Hock to Minor Inside Hock
 - i. Full Shoulder to Dropping Full Shoulder
 - j. Body Drop to Crab Claw Scissors
9. LUNGE PUNCH , REVERSE PUNCH TO BODY & FACE
10. KATA
11. INSIDE FOREARM BLOCK, FOLLOWED BY BACK FIST & THROW
12. COUNTERS TO KICKS (2)
 - a. Front Kicks (4)
 - b. Roundhouse Kicks (2)
 - c. Rear Kick (2)
 - d. Crescent Kick (2)
13. PALM HEEL BLOCK WITH ATTACKS (3 sets)
14. PALM HEEL STRIKES
15. ONE HANDED THROAT THROW
16. USE OF X BLOCK TO PULL ONTO KNEE (2)
17. THREE REVERSE PUNCHES TO THREE DIFFERENT OPPONENTS
18. USING UPWARD BLOCKS & THROW
19. DEFENCES AGAINST KNIFE ATTACKS (6)
20. DEFENCES AGAINST A SPARRING OPPONENT WHO KICKS
21. DEMONSTRATE THE 4 MOST USED KICKS IN JU-JITSU
22. DEFENCES AGAINST A SIDE SNAP KICK
23. USE OF THE BATON (9)
24. MOST DANGEROUS THROWS (min 4.) students own opinion of techniques, and the damage they may cause to your opponents body.